

A Message from Our Chair

November 2023

2023 marks the 100th anniversary of the YMCA of High Point, so last month week we celebrated 100 years of service to our community during our Heritage Club celebration dinner with about 200 guests. In reflecting on this milestone, I've thought about how we stand on the shoulders of those who have gone before us.

The leaders who built and grew this Y over the years (and others across our state) provided the foundation upon which we have built service to our community. Because of their vision and dedication, the Y has been seen as a leader to make an impact and address the critical needs in our community, whatever they have been at any given time in our history.

During the 1950s and '60s, the Y was a residence for those coming home from war who needed a place to live. In the 1970s, Gra-Y sports (named for grade school and the YMCA) emerged with basketball and football for kids, including myself in 1972 at the Y. In the 1980s, afterschool and day summer day camp emerged as a more significant; more double-income families meant a greater need for child care. During the '90s, the fitness craze began, and the Y was certainly seen as a place to get healthy. In the early 2000s, focusing on teens was a priority, and now in this decade, overall health and wellness is a way of life for many.

While the needs have changed and how we have served has evolved and grown over time, the "why" has always been central to our mission: to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. In everything we have done, we have stayed true to our mission.

And whether we are talking about 100 years ago or now, our success as a Y is still rooted in building relationships. Connecting to community is our strength. We have been fortunate in High Point that people love the Y; we put the people in place to build relationships to serve our community, and the community has turned to us when a need has become clear. As long as we continue to hold and build that trust, the community will continue to look to our Y to be that leader for the next 100 years.

You can learn a bit about the [High Point Y's history here](#) and in this [video](#). I imagine it's not all too different from that of the Y in your community—committed to serving the needs of *your* community and built upon strong relationships to do so.

As we look toward Thanksgiving and a time for gratitude, I'm extremely grateful for the leaders who came before me to provide this strong foundation for our Y, and grateful for all the volunteers, donors and Y staff over the years who have invested in our Y so that we can invest in the children, adults and seniors in our community.

Lynn Lomax,

CEO, YMCA of High Point
Chair, NC Alliance Board of Directors